

## **Historic, archived document**

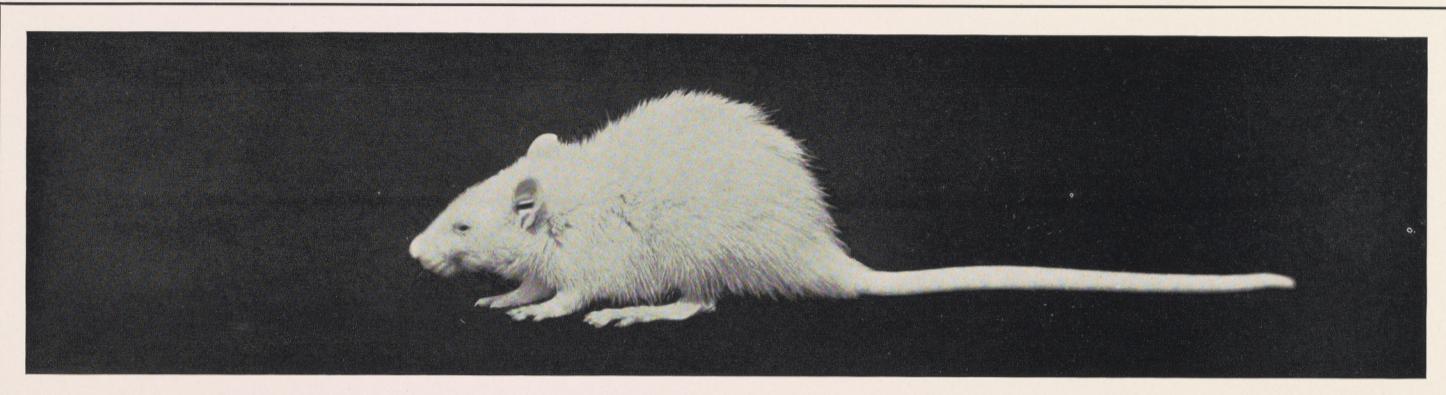
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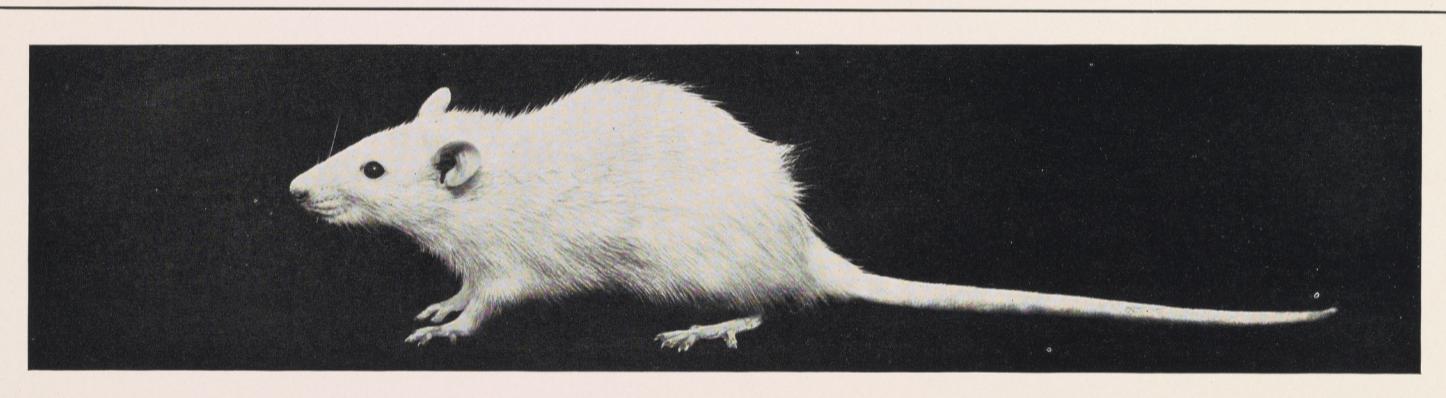
# Vitamin A

## For Growth, and the Prevention of Certain Infections

Rats from the same litter, 11 weeks old



This rat had no vitamin A. It weighed only 56 grams.  
Note the infected eye, rough fur, and lack of vigor



This one had plenty of vitamin A and weighed 123 grams.  
It has bright eyes and sleek fur and is vigorous

### Foods Rich in Vitamin A



Butter and cream  
Whole milk  
Cheese, made from whole milk  
Eggs

Liver, all kinds  
Cod-liver oil  
Other fish-liver oils  
Salmon, red

Green and yellow vegetables  
Yellow fruits  
Tomatoes  
Olives